

NEW WEEKLY MENU 4/30– 5/6 Ship Date: 5/5)

Breakfast

-Chocolate Chip Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein pancake mix, chocolate chips, almond milk

-Bacon and Cheese Breakfast Omelet (GF): Protein: 32g Carbs: 2g Fat: 18g Cal: 298

Ingredients: Egg whites, Egg, Bacon, Cheddar Cheese, Spices

-Breakfast Burrito: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, Tortilla Wrap, Spices

-Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Cal: 278

Ingredients: Oats, Chocolate Whey Protein, Sugar Free Chocolate Chips (Just Add Water or Milk & Heat)

-Protein Oat Bowl: Vanilla Cinnamon: Protein: 31g Carbs: 36g Fat: 10g Cal: 278

Ingredients: Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips (Just Add Water or Milk & Heat)

-Protein Oat Bowl: Trail Mix: Protein: 34g Carbs: 40g Fat: 15g Cal: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

-Philly Cheese Bowl (GF): Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Cal: 296

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Cal: 482

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 14g Fat: 12g Cal: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

-Honey Garlic Turkey Bowl (GF/DF): Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Cal: 274

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Cal: 388

size: **Low Carb/Keto Friendly (GF/DF)** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

Ingredients: Ground Turkey, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

-Chicken Enchilada Bowl: Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos, Fresh Cilantro

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Cal: 294

size: **Muscle Gain** Protein: 30g Carbs: 43g Fat: 8g Cal: 364

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Cal: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, Spices

-Turkey Meatloaf Bowl (DF): Ingredients: Ground Turkey, Potato, Oatmeal, Onion, Green Beans, Bell Peppers, Egg, Tangy Tomato Sauce, Spices

size: **Weight Loss** Protein: 27g Carbs: 37g Fat: 6g Cal: 310

size: **Muscle Gain** Protein: 40g Carbs: 47g Fat: 9g Cal: 429

size: **Low Carb/Keto Friendly (DF)** Protein: 32g Carbs: 12g Fat: 10g Cal: 270

Ingredients: Ground Turkey, Green Beans, Egg, Oatmeal, Bell Peppers, Tangy Tomato Sauce, Onion, Spices

-Italian Chicken with Cheese Tortellini Bowl: Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

Size: **Weight Loss** Protein: 29g Carbs: 36g Fats: 8g Calories: 332

Size: **Muscle Gain** Protein: 42g Carbs: 49g Fats: 10g Calories: 454

Size: **Low Carb/ Keto Friendly (GF)** Protein: 32g Carbs: 13g Fats: 9g Calories: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan and Mozzarella Cheese

-Bourbon Grilled Chicken Bowl (GF/DF): Ingredients: Grilled Chicken, Seasoned Basmati Rice, Broccoli, Bourbon Sauce

Size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 8g Cal: 300

Size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 10g Cal: 430

Size: **Low Carb/ Keto Friendly (GF)** Protein: 38g Carbs: 14g Fat: 9g Cal: 289

Ingredients: Grilled Chicken, Broccoli, Cheddar Cheese, Bourbon Sauce

-Turkey Burger with Mac and Cheese: Ingredients: Ground Turkey, Pasta, Cheese Sauce, Onion, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup) size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

-Hibachi Grilled Skillet (DF): Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onion, Teriyaki Soy Sauce, Spices

Size: **Muscle Gain** Protein: 37g Carbs: 39g Fat: 10g Cal: 434

-Pizza Protein Pocket: (Macros Per Pocket) Ingredients: Ground Turkey, Greek Yogurt, Flour, Pepperoni, Marinara, Mozzarella, Parmesan Cheese, Spices Protein: 22g Carbs: 50g Fat: 13g Cal: 405

Lean-N-Green

-Shrimp & Broccoli (GF/DF): Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Cal: 260

-Honey BBQ Glazed Salmon with Sautéed Green Beans (GF/DF): Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Cal: 264

Lean-N-Green (con't)

-Yum Yum Grilled Chicken (GF/DF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices, Side of Yum
Yum Sauce Size: Lean & Green Protein: 35g Carbs:16g Fat: 10g Cal: 294

-Chimichurri Steak Bowl (GF/DF): Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce
Size: Lean & Green Protein: 42g Carbs: 13g Fat: 16g Cal: 343

Wraps

-Philly Cheese Wrap: Protein: 40g Carbs: 50g Fat: 20g Cal: 532

Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone, Mozzarella Cheese

-Chicken Enchilada Wrap: Protein: 40g Carbs: 50g Fat:14g Cal: 486

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap, Spices

-Italian Chicken Wrap: Protein: 40g Carbs: 50g Fat: 12g Cal: 468

Ingredients: Roasted Chicken, Tortilla Wrap, Marina Sauce, Mozzarella Cheese, Parmesan, Spices

-Bourbon Chicken Wrap: Protein: 34g Carbs: 50g Fat:18g Cal: 522

Ingredients: Grilled Chicken, Cheddar Cheese, Tortilla Wrap, Bourbon Sauce

Snacks

-Very Vanilla Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Cal: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Vanilla Extract

-Strawberry Shortcake Protein Donuts: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: Sugar Free Baking Mix/Frosting, Sugar Free Jello, Egg White, Whey Protein, Strawberry Extract

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk, White Chocolate Chip

-Trail Mix Energy Bites (GF): Protein: 15g Carbs: 42g Fat: 22g Cal: 418

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries, Raisins

-Low Carb Chocolate Cheesecake: Protein: 20g Carbs:22g Fat: 9g Cal: 249

Ingredients: Greek Yogurt, Sugar Free Jello Pudding, Almond Milk, Sugar Free Chocolate Chips, Coconut Oil, Graham Cracker Crumble

Vegetarian/Vegan Menu Entrée

-Philly Cheese Lentil Bowl (GF): Protein: 20g Carbs: 48g Fat: 12g Cal: 380

Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella, Worcestershire Sauce, Spice

-Honey Garlic Tofu Bowl (GF/DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 293

Ingredients: Extra Firm Tofu, Basmati Rice, Sauteed Onions, Bell Peppers, Green Beans, Honey Garlic Glaze

-Italian Chickpea Tortellini Bowl: Protein: 16g Carbs: 50g Fat: 12g Cal: 374

Ingredients: Chickpeas, Cheese Tortellini, Marinara, Mozzarella, Spinach, Garlic, Spices

-Black Bean Burger with Sweet Potato Bowl (DF): Protein: 16g Carbs: 55g Fat: 3g Cal: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices. (Side Spicy Ketchup)

Long Life Kids Meals

-Chicken Taco Melt w/ Sweet Corn: Protein: 16g Carbs: 32g Fat: 8g Cal: 264

Ingredients: Basmati Rice, Shredded Chicken, Sweet Corn, Cheddar, Taco Seasoning (Juice Box, Protein Popper)

-Spaghetti Bowl w/ Green Beans: Protein: 14g Carbs: 36g Fat: 4g Cal: 236

Ingredients: Noodles, Ground Turkey, Marinara, Green Beans, Parmesan, Spices (Juice Box, Protein Popper)

-Chicken Nuggets & Home Fries Bowl: Protein: 10g Carbs: 32g Fat: 11 Cal: 299

Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas, Seasoning (Juice Box, Protein Popper)

Gourmet Nut Butters

-Cinnamon Spice Almond Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Cal: 180

Ingredients: Almonds, Cinnamon, Spices

-Chocolate Almond Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Cal: 190

Ingredients: Almonds, Coconut Oil, Cocoa

-Honey Cinnamon Peanut Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Cal: 180

Ingredients: Peanuts, Honey, Cinnamon